

Captain Wm. R. Ballard Pool



1471 NW 67th | Seattle, WA 98117 | Ph: (206) 684-4094
Visit our website at: www.cityofseattle.net/parks/aquatics/index.htm

Ballard Pool

Hours of Operation

Winter - Spring 2004

Mon. - Fri.	6:00am - 7:30am
Mon. - Thurs.	12:00 - 9:30pm
Friday	12:00 - 8:00pm
Sunday	11:00am - 7:00pm

STAFF

Karl Fields
Angela Eddy
Jyunko Samson
Bill Hudson
Scott Ferry
Gail Bailey
Kathie Huus
Tom Ostrom
Christopher Williams

Coordinator
Asst. Coordinator
OOC Asst. Coordinator
Pool Operator
Sr. Lifeguard
PPT Cashier
NW Sector Manager
Sr. Recreation Program Coordinator
Operation Division Director

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Other helpful phone numbers

Ballard Community Center	684-4093
6020 28th Ave. NW	
Loyal Heights Community Center	684-4052
2101 NW 77th St.	
Woodland Park Zoo	684-4800
5500 Phinney Ave N	
Aquarium	386-4320
1483 Alaskan Way, Pier 59	

Swimming Pools

Evans Pool	684-4961
7201 E. Green Lake Dr. N	
Madison Pool	684-4979
13401 Meridian Ave. N.	
Meadowbrook Pool	684-4989
10515 35th Ave NE	
Medgar Evers Pool	684-4766
500 23rd Ave	
Queen Anne Pool	386-4282
1920 1st Ave	
Rainier Beach Pool	386-1944
8825 Rainier Ave	
Southwest	684-7440
2801 SW Thistle	

Fundraiser Opportunity

Here's how it works:

Every time you shop at the **Ballard Market** or **PCC stores** please **save your receipts**. The next time you visit the Ballard Pool please turn them into the white mail box located in our lobby. The Ballard Pool will total them, subtract the sales tax, and then submit them to PCC & Ballard Market. Then we get a check for 1% of the total pre-tax dollars spent! It's that simple!

If we have wide-spread support for this program, we can raise a lot of money for new swim equipment. Thanks for your support.

General Information

Department Mission Statement:

Seattle Parks and Recreation provides safe, healthy, and welcoming opportunities for people to come together to play, grow, build strong communities, and promote stewards of the environment.

2004 Fees

Individual Fees

Under 1 year	Free
Youth (1-18)	\$2.25
Adult (19-64)	\$3.25
Senior (65+)	\$2.25
Spec. Pops	\$2.25
Slide	\$1
Universal Gym	\$1

Punch Cards

Recreation:
\$20 for a \$22/value

Fitness:
\$30 for a \$33/value

Shower Only	\$2
Towel Rental	\$0.50
Hydro-Fit & Aqua Jogging Equipment Rental	\$0.50

Water Exercise, Hydrofit & Aqua Jogging:

Adults	\$3.75
Senior/Spec. Pops	\$2.50

Equipment rental fee is included for classes

30 Day Pass

Adult F.A.S.T. Pass	\$45
Senior/Youth/Spec. Pops F.A.S.T. Pass	\$35

Merchandise

Latex Caps	\$2.75
Silicone Caps	\$6.50
Bubble Caps	\$6.50
Classic/Animal Goggles	\$5
Anti-Fog Goggles	\$10
Force Gloves	\$15
Swim Diapers	\$1.50
Ear Plugs	\$5.50
Shampoo/Conditioner/Swimwear Wash	\$6 each

Fees and Charges:

Parks and Recreation fees and charges are necessary to provide financial support to the Seattle Parks and Recreation for the operating costs of programs, facilities and grounds. The revenue generated by these fees constitutes only a portion of funds required for operating and maintaining the Parks system. All fees collected from parks and recreation activities and concessions are used exclusively for the Parks System as these funds are deposited in the Parks and Recreation Fund, not the City General Fund.

Credit Cards Accepted:

If you would like to pay for a class with a credit card, please drop by the pool office. Visa, MasterCard, and American Express are welcome.

Taxes:

Class and program fees listed in this brochure include sales tax where applicable in accord with current provisions of the state legislature of Washington.

Aquatic Mission Statement:

To offer Aquatic opportunities for fun, learning, fitness, skill development, and physical rehabilitation in a safe, clean, friendly environment.

Nondiscrimination Policy:

As a matter of policy, law and commitment, the Seattle Department of Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental, or physical handicap. (Seattle Municipal Code 18.12.280).

ADA Compliance:

Reasonable accommodation will be made, upon request, for persons with disabilities. Ballard Pool is wheel chair accessible and is equipped with a mechanical lift to provide assistance for those who need help getting in and out of the water. A family changing room is available for families or for those who need assistance from someone of the opposite gender. For sign language interpretation, auxiliary aids or other accommodation, call V/TDD 684-4950.

Refund Policy:

It is the policy of the Seattle Department of Parks and Recreation and the Associated Recreation Council to make a full refund to participants who register for a program that is cancelled by the Department or Advisory Council for any reason. If a participant drops a class or program for which he or she is registered prior to the second session of a series, the pro-rated class fee plus a service charge of \$5 or 10% of the fee, whichever is greater, will be retained. This service charge is to offset the Department or Advisory Council cost in handling the refund. If a participant drops a class or program after the second session of a series, no refund will be given. Occasionally, no refund or credit is available for a specific program or service, which may include deposits for registration or rentals. Information on any specific exceptions is available from recreation staff prior to payment or purchase.

Scholarships:

Seattle Parks and Recreation encourages participation by low-income City of Seattle residents. Scholarships or low income rates are available for some youth instructional programs. Scholarships are limited to specific programs and are granted based on financial need. Information needs to be updated every six months. For further information, please call us at 206-684-4094.

Ballard Pool will be closed for the following

Winter & Spring Holidays

Thursday, Jan. 1	New Years Day
Monday, Jan. 19	MLK Day
Monday, Feb. 16	President's Day
Monday, May 24	Memorial Day

Daily Swim Schedule

January 2 - June 20, 2004

Monday & Wednesday

6:00 - 7:30am* Early Morning Lap Swim
12:00 - 1:15pm Adult & Senior Swim
1:15 - 2:15pm Water Exercise
2:15 - 2:45pm Kinder Swim Lessons
(begins winter session II)
2:30 - 4:00pm Seattle Public Schools - BHS
(ends February 13)
3:00 - 4:00pm Lap Swim
(begins February 18)
4:00 - 6:00pm Salmon Bay Aquatics
(until 5:00pm on Wed.)
5:00 - 6:00pm Public Swim (Wed. only)
6:00 - 6:30pm Kinder Swim Lessons
6:30 - 7:00pm Youth & 3 yr. Old Swim Lessons
7:00 - 7:30pm Kinder Lessons (Mon. only)
7:00 - 7:30pm Youth Lessons (Wed. only)
7:30 - 8:00pm Adult & Private Lessons
Pre-Competitive (drop-in)
8:00 - 9:30pm Adult & Senior Swim

Tuesday & Thursday

6:00 - 7:30am* Early Morning Lap Swim
12:00 - 1:15pm Adult & Senior Swim
1:15 - 2:15pm** Aqua Jogging
1:15 - 1:45pm Day Care Lessons (Tues. Only)
1:15 - 1:45pm Tot Lessons (Thurs. Only)
1:45 - 2:15pm Kinder Swim Lessons
2:30 - 4:00pm Seattle Public Schools - BHS
(ends February 13)
2:30 - 3:30pm Lap Swim
(begins February 24)
4:00 - 5:30pm Salmon Bay Aquatics
5:30 - 6:00pm Kinder Swim Lessons
6:00 - 6:30pm Youth Swim Lessons
6:30 - 7:00pm Kinder Swim Lessons
7:00 - 7:30pm Tot Lessons (Tu OR Th)
7:00 - 7:30pm Adv. Youth Lessons
7:30 - 8:30pm Family Swim (Tues. Only)
7:30 - 8:30pm Lap Swim (Thurs. Only)
8:30 - 9:30pm Water Exercise & Hydrofit

Friday

6:00 - 7:30am* Early Morning Lap Swim
12:00 - 1:15pm Adult & Senior Swim
1:15 - 2:15pm Water Exercise
2:30 - 4:00pm Seattle Public Schools - BHS
(ends February 13)
2:30 - 3:30pm Lap Swim
(begins February 20)
4:00 - 5:30pm Salmon Bay Aquatics
5:30 - 6:30pm Lap Swim
6:30 - 8:00pm Public Swim

Saturday (Lessons Only)

11:00 - 11:30am Kinder Swim Lessons
11:30am-12:00pm Youth Swim Lessons
12:00 - 12:30pm Adv. Youth, Pre-Competitive
(Drop-In), and 3yr. old Lessons
12:30 - 1:00pm Private Lessons

*Private Rentals are available on Saturdays

Sunday

11:00am-1:00pm 4-Lane Lap Swim
1:00 - 2:00pm Water Exercise & Hydrofit
2:00 - 3:00pm Public Swim
3:00 - 3:30pm Tot & Private Lessons
3:30 - 4:00pm Kinder & 3 Yr. Old Lessons
4:00 - 4:30pm Youth & Private Lessons
4:30 - 5:30pm Family Swim
5:30 - 7:00pm Adult & Senior Swim

*Admission to Early Morning Lap Swim is by Recreation Swim Card Only.

**Program cancelled Tues. & Thurs. February 17 & 19 and April 6 & 8 due to mid-winter and spring break public swims.

Rental Info

Come rent Ballard Pool for your next party!

Fun, Fun, Fun, in your own private setting. Have all your friends enjoy the rope swing, slide, spa - and rent the lobby to continue the party!!

Private rentals of the Ballard Pool are available on Saturdays.

Call (206) 684-4094 to request your party date.

(Ballard Pool will be unavailable for rentals on the following dates: Dec. 20, 27, 2003; Jan 17; Feb 21 (Dive-In), 28; March 20; April 17; May 15; June 19; July 17)

Recreation & Fitness Descriptions

Swim Descriptions for Winter/Spring 2004

Adult & Senior Swim

Adults & Seniors

Three (3) lap lanes in the afternoon and four (4) lap lanes in the evening are provided for swimmers interested in conditioning. Open area available for non-lap swimming activities.

Mon. - Fri. 12:00 - 1:15pm
Mon. & Wed. 8:00 - 9:30pm
Sun. 5:30 - 7:00pm

Lap Swim

All six (6) lanes are provided for lap swimming. Two are designated easy, medium, one fast and another very fast. Please follow the lap courtesy rules provided in the pool deck area. ***Swim card is needed for entry to the Early Morning Lap Swim.**

Mon. - Fri. 6:00 - 7:30am*
Mon. & Wed. 3:00 - 4:00pm (begining Feb. 18)
Tu./Th./Fri. 2:30 - 3:30pm (begining Feb. 20)
Thurs. 7:30 - 8:30pm
Fri. 5:30 - 6:30pm
Sun. 11:00am - 1:00pm (4 lanes only)

Family Swim

Children & Adults

Children must be accompanied by an adult (**age 18+**) family member in the water. One adult to a maximum of 6 youths ratio. One adult to one child ratio if under 4 ft. Good time to bring young children. Small float toys are allowed.

Tues. 7:30 - 8:30pm
Sun. 4:30 - 5:30pm

Shower Only

You may take just a shower at the Ballard Pool for \$2. Our family changing rooms are reserved for this purpose. The family changing rooms are available during our hours of operation (see pg. 2) with the exception of peak lesson times (see below).

Shower Only is NOT AVAILABLE:

Sun. 3:00 - 4:30pm
Mon. & Wed. 6:00 - 8:00pm
Tues. & Thurs. 5:30 - 7:30pm
Sat. All Day

Public Swim

Everyone

Children must meet the minimum height requirement of four (4) feet tall or be accompanied in the pool by an adult on a one to one ratio.

Wed. 5:00 - 6:00pm
Fri. 6:30 - 8:00pm
Sun. 2:00 - 3:00pm

Additional Public Swims

Mid-Winter Break

Tues. & Thurs., Feb. 17 & 19 from 1:30 - 2:50pm.

Teacher in Service Days

On your day off from school how about coming to the pool for a swim?

Mon. Jan. 26 & Fri. March. 19 from 10:30 - 11:30am.

Water Exercise

Drop in class

This one-hour program is designed to tone up muscles and stay fit. Emphasis on flexibility and range of motion. This class is taught in the shallow end of the pool.

M, W, & F 1:15 - 2:15pm
Tues. & Thurs. 8:30 - 9:30pm
Sun. 1:00 - 2:00pm

Spring Into Summer - Potluck

Wed., May 19 | 12:30 - 3:00pm.

Adult and Sr. Swim 12:00 - 1:15pm
Water exercise 1:15 - 2:15pm

Come for a dip in the pool & spa and then enjoy some grub, while getting a chance to chat with your pool friends.

Hydrofit

Drop in class

This exercise program is a deep-water class using flotation equipment for increased resistance. Great for toning and strengthening.

Tues. & Thurs. 8:30 - 9:30pm
Sun. 1:00 - 2:00pm

Aqua Jogging

Drop in class

A great workout in deep water with no impact. All participants wear a float belt for alignment and flotation support.

Tues. & Thurs. 1:15 - 2:15pm
Class cancelled Feb. 17- 19 & April 6 & 8, 2004

FLOAT TESTS REQUIRE PHOTO ID AND CAN BE DONE AT ANY PUBLIC OR FAMILY SWIM



Youth Appreciation Week Swims

Tues. & Thurs., April 6 & 8
1:30 - 2:50pm - Public Swim
Water B-Ball games and other water fun.

School's Out For Summer Swim

Friday, June 18
6:30 - 8:00pm
All kids swim for free.

Lesson & Registration

Lessons Winter & Spring 2004

	Dates	#Lessons	Fee	New Participant Registration Dates
Mon. & Wed. Classes				
Winter (*no class Mon., Jan. 19)				
Session I	Jan. 12 - Feb. 11*	9	\$36	Tues., Jan. 6 at 6:00pm
Session II	Feb. 23 - Mar. 29	11	\$44	Wed., Feb. 18 at 6:30pm
Spring (*no class Mon., May 24)				
Session I	Apr. 5 - May 3	9	\$36	Wed., Mar. 31 at 6:30pm
Session II	May 10 - June 9*	9	\$36	Wed., May 5 at 6:30pm
Tues. & Thurs. Classes				
Winter				
Session I	Jan. 13 - Feb. 12	10	\$40	Tues., Jan. 6 at 6:00pm
Session II	Feb. 24 - Mar. 30	11	\$44	Wed., Feb. 18 at 6:30pm
Spring				
Session I	Apr. 6 - May 4	9	\$36	Wed., Mar. 31 at 6:30pm
Session II	May 11 - June 10	10	\$40	Wed., May 5 at 6:30pm
Monday Only Classes				
Winter (*no class Mon., Jan. 19 & Feb. 16)				
Session I	Jan. 12 - Mar. 29*	10	\$40	Tues., Jan. 6 at 6:00pm
Spring (*no class Mon., May 24)				
Session I	Apr. 5 - June 7*	9	\$36	Wed., Mar. 31 at 6:30pm
Tuesday Only Classes				
Winter (*no class Tues., Feb. 17)				
Session I	Jan. 13 - Mar. 30*	11	\$44	Tues., Jan. 6 at 6:00pm
Spring				
Session I	Apr. 6 - June 8	10	\$40	Wed., Mar. 31 at 6:30pm
Wednesday Only Classes				
Winter (*no class Wed., Feb. 18)				
Session I	Jan. 14 - Mar. 24*	10	\$40	Tues., Jan. 6 at 6:00pm
Spring (*no class Wed., May 5)				
Session I	Apr. 7 - June 9*	9	\$36	Wed., Mar. 31 at 6:30pm
Thursday Only Classes				
Winter (*no class Thurs., Feb. 19)				
Session I	Jan. 15 - Mar. 25*	10	\$40	Tues., Jan. 6 at 6:00pm
Spring (*no class Thurs., May 6)				
Session I	Apr. 8 - June 10*	9	\$36	Wed., Mar. 31 at 6:30pm
Saturday Only Classes				
Winter (*no class Sat., Feb. 14)				
Session I	Jan. 10 - Mar. 27*	11	\$44	Tues., Jan. 6 at 6:00pm
Spring				
Session I	Apr. 10 - June 12	10	\$40	Wed., Mar. 31 at 6:30pm
Sunday Only Classes				
Winter (*no class Sun., Feb. 15)				
Session I	Jan. 11 - Mar. 28*	11	\$44	Tues., Jan. 6 at 6:00pm
Spring				
Session I	Apr. 11 - June 13	10	\$40	Wed., Mar. 31 at 6:30pm

How to Register for Swimming Lessons

1) If you are currently in Ballard Pool swimming lessons, sign up for the new session during the **last night** of your current class.

2) **Pre-Tests are required before registration** to determine what level of Kinder or Youth classes to sign up for. You may take a pre-test free of charge during any of our public or family swims. (Times and Dates on pg. 5.) **Note:** Non pre-tested students will go the end of the line during open registration.

3) If you would like to be a new participant in swimming lessons at Ballard Pool, please come to our **Open Registration**, dates noted under "**Winter/Spring Lesson Dates and Registration**". Note "**New Participant Registration Dates**".

4) Ballard Pool registration system is done on a "lottery basis". You will stand in line according to the number you draw. **Payment is required at the time of registration.**

5) A minimum of 4 students is required for all youth swimming classes. Programs may be combined or cancelled if a minimum enrollment is not met. *In the event that classes are full, a waiting list for the current session will be made. New classes added according to pool space and instructor availability.*

How current participants register if you would like to transfer to another day:

You may register if spots are available after the end of the lesson block on the last night of the current session:

Mon./Wed. after 8:00pm | Tues./Thurs. after 7:30pm | Sat. after 11:00am the following Sunday | Sun. after 4:30pm
If there are spots available, you may transfer.

Who is a Transfer Participant?

Changing day/time of class (switching nights) | Tots moving into 3's class | Tots moving into K1 class | 3's moving into K1 class | L5's moving into L6/7 class | Any supervisor approved exceptions based on special circumstances.

Lesson Description

Tot Lessons 6 months thru 3 years

This is a water adjustment class for infants and toddlers. Parents accompany their children into the water for enjoyment, fun, and education into the aquatic experience of Ballard Pool.

SWIM DIAPERS REQUIRED.

Sun.	3:00 - 3:30pm
Tues. OR Thurs.	7:00 - 7:30pm
Thurs.	1:15 - 1:45pm

Three Year Old Lessons 3 years

A small class of (3) three years olds. Designed to prepare them to enter Kinder Swim Lessons. Must have completed the Tots class. Total session price is in parenthesis, \$6/class. (Once a child is 4 years old they need to register for K1 on an availability basis.)

Sun.	3:30 - 4:00pm	(\$66/\$60)
Mon. OR Wed.	6:30 - 7:00pm	(\$60/\$54)
Sat.	12:00 - 12:30pm	(\$66/\$60)

Kinder Lessons 4 - 6 years

Designed to teach the basic skills of swimming and water safety. Children learn mostly by imitation and by responding to certain stimuli. Swim lessons meant to be fun and educational.

Sun.	3:30 - 4:00pm	K1, K2, K3, K4
Mon. & Wed.	2:15 - 2:45pm	K1, K2
Mon. & Wed.	6:00 - 6:30pm	K1, K2, K3, K4
Mon.	7:00 - 7:30pm	K1, K2, K3, K4
Tues. & Thurs.	1:45 - 2:15pm	K1, K2
	5:30 - 6:00pm	K1, K2, K3, K4
	6:30 - 7:00pm	K1, K2, K3, K4
Sat.	11:00 - 11:30am	K1, K2, K3, K4

Youth Lessons 7 - 14 years

American Red Cross format. A series of classes Levels 1 - 7. New participants must be "pre-tested" to establish what level to attend. Please see "How to Register" on page 6.

Sun.	4:00 - 4:30pm	L1/2, L3, L4, L5
Mon. & Wed.	6:30 - 7:00pm	L1/2, L3, L4, L5
	7:00 - 7:30pm	L6/7
Wed.	7:00 - 7:30pm	L1/2, L3, L4, L5
Tues. & Thurs.	6:00 - 6:30pm	L1/2, L3, L4, L5
	7:00 - 7:30pm	L6, L7
Sat.	11:30am - 12:00pm	L1/2, L3, L4, L5
	12:00 - 12:30pm	L6/7

Adult Lessons Adults Only

From beginner to advanced skills. Classes tailored to meet individual needs.

Mon. & Wed.	7:30 - 8:00pm
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Pre-Competition Drop In

For youths Level 6 or above. Learn advance swim stroke techniques, turns, and racing starts.

\$4 per class	
Mon. & Wed.	7:30 - 8:00pm
Sat.	12:00 - 12:30pm

Special Population Lessons

Call 684-4094 for info

Small individualized or main stream classes for patrons with special needs.

Private Lessons All Ages

Personalized attention for faster progress. \$22/half hour, or \$32/half hour for semi-private lessons. Registration is required. No refunds and no rescheduling.

Sun.	3:00 - 3:30pm
	4:00 - 4:30pm
Mon. OR Wed.	7:30 - 8:00pm
Tues. OR Thurs.	6:00 - 6:30pm
Sat.	12:30 - 1:00pm

NEW

Diving Program at Ballard Pool

NEW

Saturday	Jan. 10 - March 27
12:00 - 12:50pm	no class on 1/17, 2/7, 2/14, 3/20
Ages: 8 and above	\$45.50

Must be swimming level 5 or higher and very confident in deep water.

This diving class is designed to teach strong safety habits and basic diving skills. Each skill builds on previously learned material. Regular attendance is strongly recommended. This course is highly organized, with an emphasis on fun. A sample of dives taught: forward and back approaches and take-offs, forward and back dives, inward dives, and other similar foundation skills. The instructor, David Dawson, has a 30 year history in the sport, with numerous medals in international competition. He currently coaches with Seattle Diving, Seattle University, and at Ballard High School.

Ballard Pool Special Events

Ballard's Most Popular Event

The 6th Annual Dive-In Movie Night

Saturday, February 21, 2004

New this year...
disco ball for a disco
dive-in night!

Come Watch a Movie

while enjoying a swim in our moonlit
Hawaiian pool! Movie and food provided.
Prizes, the slide, the rope swing and more.

Movie #1

4:00 - 6:00pm

Tickets go on sale Jan. 30, 2004 at 6:00pm
(Lottery Method - Limit 6/person)

Thanks to our sponsors



TOWN & COUNTRY

BALLARD MARKET

Movie #2

6:30 - 8:30pm

Tickets go on sale Jan. 30, 2004 at 7:00pm
(Lottery Method - Limit 6/person)

Admission Prices:

Youths: \$5
Adults: \$6.50

Water Safety Days

Let's have a safe and fun time in the water this summer.
On the last day of your child's lesson for spring quarter
(June 7-13) during their 1/2 hour lesson join in the water
safety activities:

- boating safety skit
- hands on water safety skills
- whale's tales video on water safety
- PFD fittings and sales
- refreshments and water safety coloring book

FREE Swim Clinics

for all current lesson participants

Does your child need some extra practice on a
particular swim stroke or skill? Come to our 15
minute free swim lesson each Sunday from 2:15
- 2:30pm - then they can practice the skill from
2:30 - 3:00pm. **See flyer at the pool for dates
of specific skills.**